BENGALURU, THURSDAY, SEPTEMBER 28, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 75% Scattered Thunderstorms Sensex 66,118 | Nifty 19,716 | Gold 57,677 | Silver 70,747 | Dollar 83.26 | Euro 87.45 | GBP 100.92

ON A HIGH

City records 400+ narcotics cases every month; drugs just a call away

PAGE 3

SIGN LANGUAGE

Plan to get more volunteers on board to give traffic police a helping hand

PAGE 5

Tender floated for repair and renovation work of 18 schools, colleges at Rs 4.65 crore, but activists want BBMP to ensure work is taken up only during holidays

CLASS ACTION

'Most institutions do need repairs, only timing is worrying'

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

It is quite heartening to note that the Bruhat Bengaluru Mahanagara Palike (BBMP) is planning an initiative to provide basic infrastructure at its schools and colleges in the city. The BBMP has floated a short term tender inviting bidders for developmental works, repair and renovation of 18 schools and colleges at an estimated cost of Rs 4.65 crore. While it is a welcome move, activists wonder if the timing is wrong and have asked that the BBMP ensure classes are not disturbed due to the work.

The BBMP has fixed October 10 as the last date for submission of tender forms and October 12 as the date of opening of bids. It is true that most of the schools and colleges maintained by the BBMP need to be renovated and the facilities are needed to be improved. The schools and colleges are situated at SK Garden, Cleveland Town, Agaram, Chamarajpet, Srirampura, Valimikinagar, Gandhinagar, Panchasheelanagar, Govindarajanagar, Azad Nagar, Jayamahal, Jogupalya, Bannappa Park, Mudalapalya, Hombegowda Nagar, and Pillanna Garden.

There are some schools, maintained by the BBMP, that badly need basic amenities such as water and toilets. Bangalore Mirror published a story – Just 6 toilets for 420 students at BBMP's institute; of these, 3 don't have doors – on January 21, 2020, narrating how students, including girl students, are facing problems due to lack of sufficient number of restrooms for them.

KAUSHIK JN

> "This is a wrong timing to get the schools restored or any maintenance work to be done. The students and teachers will be affected and they will be unable to conduct classes in the middle of the work
>
> – Vinod Jacob, Namma Bengaluru Foundation

However, social activists want the BBMP to make sure that the repair or renovation work will not begin till Dasara or Christmas holidays or the summer vacation as such works would disturb ongoing classes at these schools.

"The repair or renovation of school buildings will cause a lot of inconvenience to the students. The BBMP officials must direct the contractors to take up renovation or repair of

CONTINUED ON PAGE 8 »

Turtle haze

City emerges important trading stop for illegal hard-shell turtles

Demand for tortoises as pets is high in cities such as Bengaluru

| Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Bengaluru has emerged as an important trading stop in India for illegal trade of hard-shell turtles, after Chennai and Mumbai. According to the researchers from Wildlife Conservation Society, the city has been acting as an important hub for these illegal consignments to other places within India or abroad.

Researchers recorded 268 incidents involving poaching or illegal trade of tortoises and freshwater turtles within India or originating from India between 2013 and 2019. Live or dead tortoises/hard-shell turtles were seized in at least 118 incidents. These incidents included more than 21,000 hard-shell turtles and a big chunk of these seizures containing live tortoises/hard-shell turtles were made in Bengaluru.

"The complexity of the trade network is higher in the case of hard-shell turtles as they go to multiple locations, including international destinations. This is where cities like Bengaluru come into the picture. Bengaluru is also a hub for the pet turtle trade and also features in exporting star tortoises, tent turtles, and others. Our research shows that the city receives a lot of exotic

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 For senior citizens

Vayah Vikas is set to host Hiriyara Habba, an event created by and for senior citizens. A wide variety of activities, such as knowledge-sharing seminars, health screenings, fitness demonstrations, engagement opportunities, entertainment performances, and a partner expo with senior-specific goods and services, will be available at the event. There will be food, refreshments and games for seniors (both free and paid), booths, and more. **Where: St Joseph's Institute of Management, Primrose Road When: October 1; 9 am to 5 pm**

02 Classical style

Natanam Institute of Dance presents Daasaru Kanda Krishna by Acharya Dr Raksha Karthik and her disciples. The event aims to portray the life of Lord Sri Krishna through an amazing performance, accompanied by detailed classical music. **Where: Yuvaka Sangha, Yuvapatha 4, 31st Cross, 11th MainRoad, 4th Block, Jayanagar; When: Saturday, September 30; 5 pm to 8:30 pm**

03 Fusion fest

The second edition of Blend Bazaar: Bangalore's Ultimate Fusion Festival, is all set to happen soon. After an exclusive edition in 2021, Blend Community, a vibrant hub for creators, consumers, and brands, is gearing up to deliver an extraordinary experience to citizens. Experience a paradise for foodies, an electrifying music lineup, and captivating, crafting fashion, lifestyle, and artful events. **Where: Bharatiya Mall; When: October 7 and 8; 11am to 10 pm**

Cultural pride

Artists performing during the World Tourism Day on Wednesday. HK Patil, Minister for Law and Parliamentary Affairs, Legislation, Tourism along with Shivaji Nagar MLA Rizwan Arshad were present at the event.

Messengers of policy

UGC announces selection of students from institutions to spread its messages; K'taka's higher education dept asks AICTE to introduce 'stricter' rules for engineering colleges

Sridhar Vivan
sridhar.vivan
@timesgroup.com
TWEETS @sridharvMirror

Now, the University Grants Commission (UGC) is taking the help of students to spread the message of National Education Policy (NEP) 2020. An official said that the UGC has launched the Student Ambassador for Academic Reforms in Transforming Higher Education in India (SAARATHI). Prof Mamidala Jagadesh Kumar, Chairman, UGC, said, "UGC is announcing the selection of 721 NEP SAARATHIs from institutions nationwide, reflecting the overwhelming response and commitment to NEP. Guidelines for the scheme are available on the website, and each SAARATHI is being intimated via letter by the secretary. UGC NEP SAARATHIs will lead a series of programmes within their campuses and communities, facilitating direct interaction with policymakers and regulatory leadership."

Necessity for rules

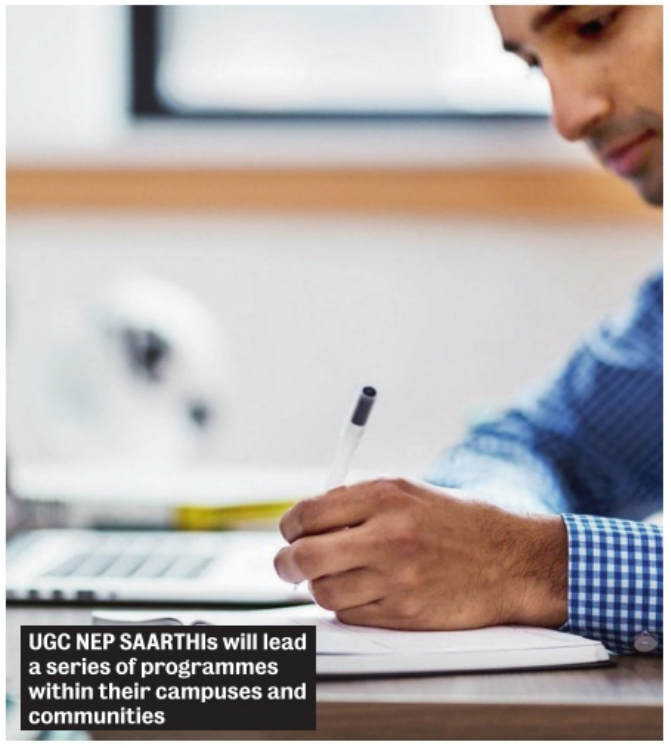
Meanwhile, Karnataka's higher education department has asked the All India Council for Technical Education (AICTE) to introduce stricter regulations for private engineering colleges operating within the state. In a formal letter addressed to the AICTE, Higher Education Minister Dr MC Sudhakar highlighted the critical necessity for more stringent rules and regulations to govern the expansion and functioning of engineering education institutions.

He said, "Karnataka has long been recognised for its commitment to delivering high-quality education in the fields of engineering and technology. The state has taken a controlled approach to the growth of engineering and technological institutes, both in the public and private sectors, ensuring the maintenance of academic standards and the quality of education provided."

One of the significant concerns raised by Dr Sudhakar is the proliferation of private state universities, primarily focused on offering professional courses, especially in the domain of engineering. These institutions have been established in recent years, often concentrated in metropolitan areas or tier-1 cities, and have introduced thousands of new seats in engineering programmes. Importantly, they have done so with limited control or oversight from either the state government or the AICTE.

"This uncontrolled growth, especially in information technology (IT)-related courses, has led to several challenges. Many AICTE-approved colleges located in tier-2 and tier-3 cities are grappling with issues such as a shortage of faculty, declining teaching quality, and competition for students. The trend of faculty migration to tier-1 cities, where private state universities are predominantly located, is contributing to these challenges," he said.

If this trend continues, it could jeopardise the survival of good private and government institutions in tier-2, tier-3 cities, and rural areas. This would, in turn, adversely impact students from these regions who may not have access to colleges or universities in larger cities, he added.



UGC NEP SAARTHIs will lead a series of programmes within their campuses and communities

> **"UGC is announcing the selection of 721 NEP SAARATHIs from institutions nationwide** – Prof Mamidala Jagadesh Kumar, Chairman, UGC

In response to these concerns, Dr Sudhakar suggested that AICTE consider adopting a policy similar to that employed in medical and dental education governing bodies. These bodies have implemented policies that set both minimum and maximum intake limits for institutions, striking a balance between expansion and maintaining education quality. Reacting to this, AICTE chairman TG Sitharam said, "Whenever the Council receives an application from stakeholders for the setting up of new institutions, the process is initiated only if a stamped receipt of its receipt by the respective state government or affiliated body is submitted.

It is communicated through the council's approval process handbook that, if the state government wishes to deny the grant of approval to the said applicant, the same shall be intimated to AICTE within 15 days from the receipt of the same so that the council shall not proceed ahead with the approval granting process."

City grapples with escalating drug menace

B'luru records more than 400 cases every month under NDPS Act; people with power are into selling drugs: activist

Ahna Prakash
c-ahna.prakash@timegroup.com
TWEETS @BangaloreMIRROR

According to the Karnataka state police, the state recorded 4,484 cases of Narcotic Drugs and Psychotropic Substances. Among those, 2,584 cases are for cultivated or processed drugs, and 1,900 cases have been reported for synthetic drugs in 2023.

Whereas Bengaluru city records more than 400 cases every month under the NDPS Act.

Bangalore Mirror talked to a few people in the city, and they said drugs are just a phone call away.

A college student informed BM that drugs like marijuana, cocaine, hash oil, meth, and acid drugs are being sold for a couple of thousand rupees. The student claimed that these drugs can be bought for anything between Rs 2,000 and Rs 10,000.

"Everyone knows that drugs are being sold. Even the police know where one can get drugs. Many people in my PG get marijuana every day, and their peddler is just a phone call away. There would be big raids in the city; the only difference is that the prices of drugs would increase. People don't stop buying or selling drugs," he said.

R Shashivarma Shetty of 4s NGO says that without the cooperation of the state government, health department, and police, it is absolutely impossible to root out the drug issue.

File photo of drugs worth Rs 7.83 crore seized by CCB being displayed in Bengaluru

> **Everyone knows that drugs are being sold. Even the police know where one can get drugs. Many people in my PG get marijuana every day**
> –a college student

"It isn't a secret that Bengaluru is now filled with drug peddlers. But right now, we are just scratching the surface. It's alright for the police to catch the culprits and detain them. But as long as the big networks in this business are not identified and removed, nothing substantial is going to happen. There are people with a lot of money and power who have gotten into selling drugs, and they are very well aware of their target," he said.

To tackle synthetic drugs, there needs to be a holistic approach from police, doctors, schools, colleges, and parents.

Telangana has formed a state-level narcotics coordination centre with dedicated officers, and a similar thing should be done in Karnataka, especially Bengaluru, said a senior police official.

He added that, according to him, if he were to name three problems of the future, they would be narcotics, cybercrimes, and immoral trafficking.

VK Street Sambhrama: Celebration that welcomes everybody

Get ready to reclaim the streets of Malleswaram this Sunday as Vijay Karnataka and Bangalore Mirror come together to present VK Street Sambhrama on October 1. This exciting event has garnered support from Bruhat Bengaluru Mahanagara Palike (BBMP), the local police, and various other organisations, making it a community celebration like no other.

VK Street Sambhrama promises a star-studded affair with the participation of numerous film stars, TV actors, singers, and many more prominent figures. It's going to be a day filled with fun and entertainment for everyone in attendance.

The event has a wide array of programmes lined up, catering to attendees of all ages, from kids to senior citizens. One can expect exciting competitions and activities, with attractive prizes awaiting the winners. The festivities will kick off at 8 am and continue until 1 pm, ensuring a day packed with entertainment.

To participate:
Enrol for free in specific programmes like painting, fancy dress (for children), and rangoli (for women) by contacting 7676668588.

Event details in a nutshell:

Venue: Fourth main road (behind Himanshu Shastri Road), behind Malleswaram playground

Date and time: October 1; 8 am to 1 pm

Entry: Free

Notably, the event will also feature a special appearance by Malleswaram MLA and former Deputy Chief Minister, Dr CN Ashwath Narayan. This adds to the excitement of the day, giving attendees a chance to interact with local leaders.

The list of programmes is diverse, including activities like Yogasana, Zumba, a painting competition, fancy dress contests, rangoli, and many more. Attendees can participate in various games, including lemon and spoon races, marbles, skipping, pottery, and caricature drawing. Foodies will also have a great time with a variety of food stalls offering different cuisines.

THE TIMES GROUP
Freedom Healthy Cooking Oils
Presents:
VK ವಿಜಯ ಕರ್ನಾಟಕ VIJAY KARNATAKA
BangaloreMirror
VK Street ಸಂಭ್ರಮ
Co presented by:
TDH INSTANT FOODS
Powered by:
manipalhospitals
Vicky Varun
Film actor
Dhanya Ramkumar
Film Actress
VK STREET SAMBRAMA
Come, let's play Bugari | Lagori | Kite Flying | Kuntebille
VIJAY KARNATAKA, Kannada's No.1 daily with the largest readership, is celebrating VK Street Sambrama in Collaboration with BBMP & Police Department. Do come with your family and enjoy the day, with Small screen and Sandalwood Celebrities.
Dr. C.N Aswath Narayana
MLA Malleswaram, former Deputy Chief Ministers
Painting Competition for Kids
Kuntebille, Lagori, Bugari
Awareness of Traffic Rules
Fire Safety Drill
Beat boxing & DJ
DJ Sizzle & Harry D Cruz
Health Camp, Lemon & Spoon Race
Skating and chat with Celebrities
Dance Performance
Singing, Food & Fun
Yoga, Kite Flying
Many more Entertaining Programs
Venue: 4th Main Road, Hymamshu Shastri Road Behind Playground, Malleshwaram, Bangalore - 560003
For Register Whatsapp : 7676668588
Date : 01st October, Sunday
Time: 8 AM to 12 PM
Automobile Partner: ADVAITH HYUNDAI
Special Partner: BLACK STONE
Real Estate Partner: KNS INFRA
Stall Partner: Thoughts & Ideas
Retail Partner: AASHIRVAAD IODIZED SALT
Come, Let's Play & Have a fun filled day !

Cratered chaos: SJP road test commuters

Lack of road maintenance endangers commuters, authorities urged to intervene

| Bangalore Mirror Bureau
mybangaloremirror @timesgroup.com
TWEETS @BangaloreMIRROR

KAUSHIK JN

Commuters utilising SJP Road to access Town Hall and surrounding areas have voiced their grievances regarding the deplorable condition of the road. The situation aggravates the already congested traffic

Commuters utilising SJP Road to access Town Hall and surrounding areas have voiced their grievances regarding the deplorable condition of the road, heavily laden with potholes. The situation aggravates the already congested traffic flow in the area.

The Halasuru Gate traffic police highlighted this issue on their official Twitter handle (now X), "Traffic is moving slowly towards Town Hall due to potholes. Kindly cooperate."

A concerned student from a university in Shanthinagar, who frequently travels along this route, said, "Town Hall is a major bus stop for users of the Bangalore Metropolitan Transport Corporation (BMTC) who need to switch buses to reach their destination.

The potholes are crater-sized and are present right before the bus stop." The student also explained that many buses, like G6 and 143, take a left turn from the SJP road to reach localities in Shanthinagar. "The traffic is already slowed down due to these buses having to take a left turn.

The potholes have only worsened the situation. Along with this, there is no bus shelter present for takers of 143 and G6. They have to wait along a poorly maintained pavement, with street vendors on the side. If a mishap were to take place due to the poorly managed road, bus commuters in the area may be seriously injured," she added.

Abdul Raheem, a two-wheeler rider who frequents the route, said, "The potholes have been there for a while now. Once you get off the Balagangadhara Swamy flyover (Mysuru road flyover), it has become a hassle to navigate on the route. The area is already prone to congestion, and the potholes have made it worse, especially for two-wheelers."

> **"The potholes have been there for a while now. Once you gets off the Balagangadhara Swamy flyover, it has become a hassle**
>
> – Abdul Raheem, a rider

He added that the area witnesses the movement of a significant number of heavy-weight vehicles since the KR market is in close vicinity. "If a rider were to collide with them, the consequences may be fatal. The Bruhat Bengaluru Mahanagara Palike (BBMP) must urgently take note of the issue and fill in the potholes with sturdy asphalt," he said.

Pothole relief: Kensington road gets attention

| Y Maheswara Reddy | c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

In a welcome move, the authorities take action to fill up potholes on Kensington Road using the cold mix, relieving thousands of commuters and residents. The road had been dug up six months ago for underground drainage pipe replacement, leaving citizens facing hazardous conditions during their daily commute. A recent report by Bangalore Mirror sheds light on the ongoing challenges citizens face navigating the deteriorating road conditions on Kensington Road. The Bangalore Water Supply and Sewerage Board (BWSSB) faced criticism for failing to restore the road after the UGD pipe replacement.

Authorities fixed the pothholes on Kensington road using cold mix

"I hope the authorities concerned asphalt the road without any delay," said Iftekhar Ahmed, a resident of Frazer Town who commutes on this road during weekdays to drop off and pick up his son from school.

The road's poor state has inconvenienced pedestrians and motorists travelling to Old Madras Road, heading towards Indiranagar and other areas. "I want to appreciate those responsible for filling up potholes and levelling the uneven road with cold mix. It is a great relief for thousands of motorists who commute on this stretch on a daily basis. I want the authorities to asphalt the road without delay," said a two-wheeler rider.

Residents of Kallahalli want to restore the main road of their locality that was dug up to replace the UGD pipes. "I am very happy with the authorities concerned for their proactive attitude. It will be a great relief if the authorities restore the main road of our locality as early as possible," said Kalidasa Reddy, a resident of Kallahalli.

Bangalore Mirror
When road conditions take hazardous turn

BM Story on Sept 26 about Citizens facing issues commuting on Kensington Road

REMEMBRANCE

DoB: 14.06.1962
DoD: 28.09.2021

N. SHIVAKUMAR B.E.,

Always Remembering You

K.N.Chakrapani – BJP Leader
Chairman, Chakrapani Foundation (R) and
Mother, Wife and Children's, Sisters, Family members, Relatives and Friends.

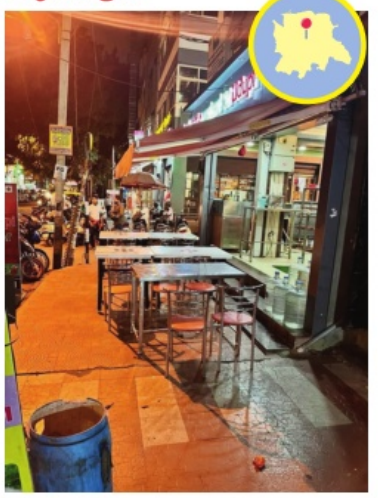
No.1298, Rajarajeshwari Route, Near Railway Station, Kodigehalli, Virupakshapura, Bangalore - 560 097.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Blocked walk

Jayanagar



Hotel tables and chairs block sidewalks at 8th F main and 24B cross, Jayanagar intersection; no action taken by authorities.

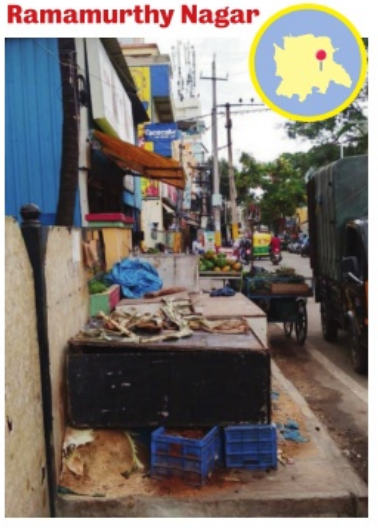
Parking disregard

Frazer Town

Disregard for no-parking rules in Frazer Town's Haines Road goes unchecked by authorities.

Blocked walkways

Ramamurthy Nagar



Footpath blocked by shop owners in Kalkere road for many years near SBI bank of Ramamurthy Nagar.

Traffic squad: Warden recruitment drive rolls out

Traffic Warden organisation sets sights on 5,000 new volunteers

Pandemic has seen a decline in participation of traffic wardens

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

The pandemic has seen a decline in the active participation of traffic wardens, prompting the Traffic Warden Organisation to launch a recruitment for more volunteers. Their ambitious long-term goal is to expand their roster by adding 5,000 volunteers.

Since 1985, civilians have assisted the Bangalore Traffic Police during peak hours. With approximately 800 wardens currently involved, it is estimated that only 500 of them are now active. The Traffic Warden Organisation intends to improve their numbers to 1,000 initially, with gradual plans to increase this figure to 5,000. This significant influx of 5,000 traffic wardens would enable civilians to make a substantial contribution to the efforts of the Bangalore Traffic Police.

"Currently, we have more than 800 traffic wardens across the city. During the pandemic, the road infrastructure has remained the same despite the ever-increasing population in the city. There are only 5,000 traffic police officers on the ground for the huge Bengaluru population. This is where the traffic warden association assists the officials during peak hours or special events like fairs and festivals. We are looking to hire at least 100-150 volunteers this year," said CV Muralidhara, Chief Traffic Warden.

He added that with more women drivers on the street, the organisation is also looking for more women traffic wardens. Currently, there are 65 women traffic wardens.

> **There are only 5,000 traffic police officers on the ground. This is where the traffic warden association assists the officials**
>
> —CV Muralidhara, Chief Traffic Warden

Civilians chosen are interviewed and sent for police verification. They are trained under TTSI for 2 days. Further, under an oath ceremony, traffic wardens are officiated. Traffic wardens are only expected to give 16-20 hours a month in the services.

Apart from assisting traffic police, they conduct awareness drives in schools and colleges. "We go to schools and teach students to walk and travel by bus. We conduct 1-hour awareness drives under the 'Catch Them Young' initiative. For colleges, we create awareness about vehicular accidents and how to avoid them under the 'Catch the Youth' initiative," he added.

However, despite the service mentality of these civilians, they have to shell out Rs 4500 for the uniform set. "Often people get discouraged from joining when they realise they have to pay for the uniform or that there is no remuneration," he added.

Speaking to BM, Joint Commissioner of Police (Traffic), MN Anucheth said, "TWO is a public-private partnership where they give their valuable time in assisting with traffic duties. IN highly congested areas, they help pedestrians cross the road and act as a force multiplier for BTP. Often people complain about traffic issues, but this provides them a venue to take action".

IISc engineers breakthrough power switch for rapid EV

The power switch is anticipated to supersede traditional silicon-based transistors

Researchers at the Indian Institute of Science (IISc) have developed a power switch that can drastically reduce the charging time of electric vehicles. This breakthrough technology, conceived and crafted at the Centre for Nano Science and Engineering (CeNSE) within IISc, holds immense promise for revolutionising the EV industry and ancillary domains like laptop power converters and wireless communications.

Due to its exceptional performance and efficiency, the gallium nitride-based power switch is anticipated to supersede traditional silicon-based transistors as fundamental components in many electronic devices. These encompass ultrafast chargers for electric vehicles, smartphones, and laptops, in addition to critical applications in space and the military, such as radar systems.

The entire process of building the switch from material growth to device fabrication to packaging was developed in-house at the Centre.

"It is a very promising and disruptive technology. But the material and devices are heavily import-restricted. We don't have gallium nitride wafer production capability at a commercial scale in India yet. The know-how of manufacturing these devices is also a heavily guarded secret, with few studies published on the processes involved. If you look at strategic organisations in India, they have difficulty procuring GaN transistors. Importing them beyond a certain quantity or power/frequency rating is impossible. This is essentially a demonstration of indigenous GaN technology development," said Digbijoy Nath, Associate Professor at CeNSE and corresponding author of the study published in Microelectronic Engineering.

Power switches control the flow of power to turn on or off electronic devices. To design the GaN power switch, the IISc team used a metal-organic chemical vapour deposition technique developed and optimised over a decade by researchers in a lab.

"The packaging of the device was also indigenously developed. After packaging and testing, we found the device performance to be comparable to state-of-the-art switches available commercially, with a switching time of about 50 nanoseconds between on and off operations," explained Rijo Baby, a PhD student at CeNSE and first author of the study.

The researchers plan to scale the device dimensions to operate at high currents. They also plan to design a power converter to increase or decrease voltages.

—BMB

IN BRIEF

Bottleneck at ORR

Bengaluru's Outer Ring Road, a major IT hub, experienced severe traffic congestion on Wednesday evening. Local authorities even advised employees of tech companies to delay their departure from work.

Kuldeep Kumar R Jain, the Deputy Commissioner of Police for the West (Traffic), took to social media and posted, "Huge Traffic pile up on ORR from Marathalli to Sarjapur. Please instruct ITBT companies on ORR not to rush out because it's a huge jam due to invariably huge no of vehicles."

HAL airport authorities said the unusually high traffic volume was attributed to the upcoming holidays.

Local police noted that many people were heading for a short vacation ahead of the long weekend. Eid Milad-Un Nabi was scheduled for September 28, followed by a holiday for Gandhi Jayanti on October 2 and a bandh (strike) related to the Cauvery water dispute on September 29.

The traffic bottleneck received significant criticism on social media, with one netizen adding, "Invariably huge numbers of vehicles. It's a normal office day; people just come in to work. Why give permits to office buildings when there is no infrastructure."

—BMB

Metro services altered for inspection

Due to the statutory safety inspection of the newly constructed extension line between Kengeri to Chellaghatta Metro stations by the Commissioner of Metro Railway Safety (CMRS) on Friday, changes have been implemented in metro train operations. Train services will be suspended between Kengeri and Mysore Road Metro stations on that day. However, services will continue between Baiyappanahalli to Mysore Road Stations and Whitefield (Kadugodi) to Krishnarajapura Stations without any time restrictions. The Green Line services remain unaffected.

Recently, the CMRS conducted a similar inspection on the KR Pura and Baiyappanahalli stretch, giving the green signal for passenger operations on that line. Anticipated to increase daily ridership from 6.2 lakh to 7 lakh, the Whitefield-Challaghatta corridor is expected to bring relief to IT professionals travelling to areas like Mahadevapura, Kadugodi, and ITPB.

—BMB

JOBS FOR YOU YourCV

VALLURUPALLI NAGESWARA RAO VIGNANA JYOTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY
An Autonomous Institute, Affiliated to JNTUH, NBA Accreditation for B.Tech. - CE, EEE, ME, ECE, CSE, EIE, IT, AME and M.Tech.-STRE, PE, AMS, SWE Programmes.
Accredited by NAAC with 'A++' Grade.
NIRF 2023: 101-150 Band in Engineering Category
Vignana Jyothi Nagar, Pragathi Nagar, Nizampet (S.O), Hyderabad – 500 090, TS, India.
Telephone No: 040-2304 2758/59/60, Website: www.vnrvjiet.ac.in

FACULTY RECRUITMENT

VNRVJIET is a premier Technological Institution in Telangana State, with 28 years of excellent track record in academics, possessing great research acumen, well-established research facilities and providing excellent support for the faculty involved in copyrights and patents, is looking for recruitment of faculty in various departments.

◆ Assistant Professor in the departments of CSE, CSE(AIML / IOT), CSE(CS/DS), IT, ECE, EEE, EIE, CE, AE, Mathematics and English.

- Qualifications & Experience as per AICTE/UGC norms
- Candidates engaged in research and consultancy will be given preference
- Candidates with Ph.D from IIT/NIT/IIIT will be given preference
- Retired employees from research organizations, IIT and NIT will be considered for Adjunct Faculty and Professor of Practice

Interested Candidates may send their applications in the prescribed format to: **hr2023@vnrvjiet.in** on or before **5th October, 2023**. For further details please visit our website: **www.vnrvjiet.ac.in**

Date: 27-09-2023 Sd/- GENERAL SECRETARY, VIGNANA JYOTHI

BESCOM stands 10th in average revenue realisation

It needs to focus on reducing days payable and government dues, complying with Ind-AS and addressing employee liabilities

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The Bangalore Electricity Supply Company (BESCOM) has stood 10th in the country in terms of Average Revenue Realised among the power distribution companies. While Karnataka ranks third in the country among the state DISCOMs with the most improvement in their absolute cash adjustment gap, DISCOMs like GESCOM (second position), MESCOM (fifth) and CHESCOM (sixth) have fared better than BESCOM.

According to the 11th annual integrated rating and ranking of power distribution utilities, BESCOM achieved a rank of 31 out of 51 utilities, with a Grade B and an integrated score of 40.2 out of 100 in the overall category. This signifies its performance and positioning among other utilities in the sector. Notably, BESCOM exhibited an improving trajectory in terms of its integrated score, showing progress in its overall performance, according to the report.

The report stated, "The improvement in BESCOM's score is significant, as it rose from 11.3 (10th Rating) to 40.2 (11th Ratings). This positive trend can be attributed to several key factors. There was a major improvement in the ACR-ARR (Average Cost of Supply and Average Revenue Realisation) gap and subsidy realisation metrics in the financial year 2022. Additionally, there was a significant decline in the loss takeover by the State Government in the same fiscal year. These improvements are based on data sourced from audited accounts for the 11th Rating Exercise.

However, several areas need to be improved. Firstly, financial sustainability is crucial. The company should work towards reducing its days payable, which currently stands at 172 days compared to the norm of 45 days as per the LPS (Least Payment Security) requirement, addressing this issue will enhance financial stability.

In terms of the external environment, BESCOM should focus on lowering government dues, as approximately 35 per cent of the total amount billed to the government in the past three years remains outstanding. This reduction in dues requires concerted efforts and cooperation from the government. Furthermore, government support is essential for addressing the takeover of Discom (Distribution Company) losses."

The report further stated that specific disincentives identified for BESCOM include compliance with Ind-AS (Indian Accounting Standards) and addressing employee liabilities to remove audit qualifications. Complying with Ind-AS and resolving employee liabilities will contribute to smoother financial reporting and auditing processes.

BESCOM was incorporated on April 30, 2002. The primary nature of operations for BESCOM is distribution, providing electricity to consumers in the designated areas. BESCOM operates in several districts of Karnataka, including Bangalore Urban, Bangalore Rural, Chikkaballapura, Kolar, Davanagere, Tumkur, Chitradurga, and Ramanagara. Within these areas, BESCOM serves a significant number of customers, with a total of 13,328,295 consumers. In terms of energy consumption, BESCOM handles a substantial amount of gross input energy, which amounted to 31,452 MU (Million Units) with a 5 pc change. The total energy sold by BESCOM reached 26,685 MU with a 6 pc change. These figures indicate the scale of electricity distribution and consumption in the operational areas. Approximately 7.40 per cent of BESCOM's customers are agricultural consumers, indicating the importance of electricity in agricultural operations. Additionally, 11.06 per cent of the customer base comprises Commercial and Industrial (C&I) consumers, highlighting the significance of electricity for businesses and industries in the operational areas.

The improvement in BESCOM's score is significant, as it rose from 11.3 (10th Rating) to 40.2 (11th Ratings). This positive trend can be attributed to several key factors

Meanwhile, the report states that despite improvements in the power sector, the industry was battling significant challenges, particularly in the distribution sector.

CoE B'luru's new cyber shield

To combat cybercrimes and develop effective security mechanisms, Home Minister G Parameshwar on Wednesday, announced the establishment of the Cybersphere Centre for Excellence (CoE) in Bengaluru. This initiative is a collaborative project between the Home Department and leading information technology and biotech businesses in the city.

The project will be implemented in phases, with an initial focus on establishing the centre and launching collaborative workshops and seminars. Ongoing activities and projects will follow as part of a long-term commitment, said the minister. The announcement was made during the Techfusion Sunrise Summit-2023.

"The event, led by DG & IGP Mr Alok Mohan IPS, Commissioner of Police Bengaluru B Dayananda, and other senior police officers, hosted insightful dialogues on key issues including transparency, promoting student participation in law enforcement, revitalising Bangalore's aesthetics, and bolstering cyber & employee safety, among others," said the X account of Bengaluru city police.

New BTC chairman

At the first meeting of the Managing Committee of the Bangalore Turf Club (BTC) held on Wednesday, Sept 27, Arvind Raghavan was elected as the Chairman and senior steward of BTC.

The new office bearers of the club include Stewards: Arvind Raghavan (Chairman), Shankar Balu and T H R Rajeev. Other committee members were Darshan Lokesh and Dayanand R Mandre.

The State Government has nominated the Additional Chief Secretary to Government, Finance and the Commissioner of Police, Bangalore City as government-nominated Stewards.

JD(S) not secular after BJP pact: Siddaramaiah

After JD(S) supremo HD Deve Gowda defended the poll pact with the BJP and attacked the Congress for chiding the party on secular values, Karnataka Chief Minister Siddaramaiah hit back saying that "post stitching an alliance with the saffron party, JD(S) should not call itself secular".

Addressing a joint press conference with his son, former CM HD Kumaraswamy, Deve Gowda said, "They (Congress) had defeated Farooq Abdullah. The Congress party has committed blunders. I can give 100 examples of Congress betraying the JD (S) party. We don't care for anything. We have not thought about doing away with secular principles. We will do anything to keep the secular values intact. I proclaim it."

"Before Kumaraswamy's meeting with BJP leaders, I had discussed with the Union Home Minister Amit Shah. There is no need to hide. I explained in detail the situation in Karnataka and asked him to set things right and later Kumaraswamy met him. I won't allow any community to meet with injustice," he stated.

Deve Gowda said: "Who is responsible for the present situation in Karnataka? Who dethroned Kumaraswamy's government in the state? Who sent 17 MLAs to Mumbai and allowed the BJP government to come to power in the state? Let's discuss."

Kumaraswamy claimed that when JD(S) had forged an alliance with the Congress party, he had got a call from Amit Shah. "If I would have agreed, I would have become the CM for five years. I respected the words of Deve Gowda and went with Congress," Kumaraswamy underlined.

In response to the resignations of Muslim leaders from JD(S), Kumaraswamy acknowledged that such political shifts were common in politics. He praised Deve Gowda's efforts to ensure their safety over the years.

Counterattacking JD (S) for joining hands with BJP, Siddaramaiah said, "JD(S) should not call itself secular after forging alliance with the communal party."

Responding to media persons near Government Tribal Ashram School Konanakere, CM Siddaramaiah said that we have no problem with JD(S) alliance with BJP or any other party.

"We don't bother," he said. Reacting to former Chief Minister Kumaraswamy's statement that he would have been the Chief Minister for five years if JD(S) had been the B team of the BJP, the CM questioned, what should JD (S) be called which has allied with the BJP for the Lok Sabha elections.

JD (S) should not claim to be secular, he said. Responding to a media query on whether Siddaramaiah had met BJP's Venkaiah Naidu in 2004, he said it was true that he met BJP senior leader L. K. Advani when he was in the Janata Party. **–IANS**

Care for heart: Panel okays more cardiology seats

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

The National Medical Commission (NMC), in their letter to the Jayadeva Institute of Cardiovascular Sciences, approved raising the number of DM Cardiology seats from 21 to 25. This could bring in more cardiologists to the country, where it is said that 35% of the diseases are cardiovascular diseases. Jayadeva Hospital in Bengaluru is the only hospital in the country with 20-plus DM cardiology seats.

In the letter to Jayadeva Hospital, NMC said, "It is to inform that the Medical Assessment and Rating Board (MARB) reviewed the assessors report dated September 21, regarding faculty, experience, publication, and teaching facilities, including infrastructure available at Jayadeva Institute of Cardiovascular Sciences under Rajiv Gandhi University of Health Sciences in the state of Karnataka, for an increase in seats in DM cardiology for the academic year 2023-2024. The commission has decided to obtain an undertaking for the issue of a letter of permission for the increase of seats in DM cardiology with an annual intake of 25 seats for academic year 2023–24.

A DM Cardiology course, or Doctor of Medicine in Cardiology degree, is a three-year specialty postgraduate study. In the last 10 years, the number of DM Cardiology seats at Jayadeva was 21, and for the next academic year, there will be 24.

Dr CN Manjunath, Director of the Jayadeva Institute of Cardiovascular Sciences, said, "Most medical colleges in the country have fewer than 10 seats. Ours is the only institute with such a high number of seats. The number of seats allotted depends on the patient load. Our footfall per day is around 1,500. In 2022, we had 7 lakh patients, and we conducted 55,000 cardiac procedures, which included 5,000 open heart surgeries and other procedures like angiograms, angioplasty, stents, pacemakers, device closures, and 4 lakh echocardiograms."

At the Jayadeva Institute, there are four specialty courses that include the DM Cardiology course, the DM Paediatric Cardiology course, and the MCH Vascular course, all of which are three-year courses.

About how the number increase will be an advantage, Dr Manjunath told BM in the super speciality courses, the students will be part of the patient management where they will assist in surgeries, and there will be practical training. "Now that the institute's coming to other districts, it will be beneficial to create more manpower. Today, 65% of deaths in India are due to lifestyle diseases, 35% of deaths are due to cardiovascular diseases, and one-third of cardiologists are under the age of 45. As we have a high patient load and a large volume of procedures, we can provide hands-on training to the students," he said.

Kannada outfits all set to make bandh success

Will block all highways, toll booths, says Vatal Nagaraj

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

The second leg of the Bengaluru bandh is set for Friday as Kannada activists said that they have got support from many organisations for the bandh.

Kannada activist Vatal Nagaraj said on Wednesday, "We have called for a bandh on Friday. We will shut all the highways and toll booths. We will try to disrupt rail service as well. The bandh will be held peacefully across the State. So far, 1,900 organisations have already extended their support for the bandh." Karnataka Film Chamber of Commerce president NM Suresh confirmed that the chamber was extending its support to the bandh, and that even cine artistes would take part.

Deputy Chief Minister DK Shivakumar said that Tuesday's bandh was a success. "The transport department had operated 10 percent of vehicles to help emergency services. For Friday's bandh, many will be affected."

BV Gopal Reddy, president of FKCCI, expressed gratitude, saying, "I thank all the associations who had extended their support for peaceful bandh on Tuesday. For this bandh, there was a loss of Rs 200 to Rs 250 crore GST for the state exchequer. Around 60 percent of the revenue of the state is generated from Bengaluru. In future, if you are planning for any bandh, I would urge everyone to consider the financial aspects of bandh and then take a call."

"The legal team opined that it (CWRC's direction to State) should be challenged in the apex court. So we are challenging the order of the Regulation Committee before the Supreme Court. We don't have water to give –Siddaramaiah, CM

Will challenge in SC

Meanwhile, Chief Minister Siddaramaiah said that the Cauvery Water Regulation Committee's direction to Karnataka to release water to Tamil Nadu will be challenged before the Supreme Court.

"The panel had directed Karnataka to release water at the rate of 3,000 cubic feet per second (cusecs) to the neighbouring state from September 28 to October 15."

Siddaramaiah further explained that he has spoken to the state's legal team "The team opined that it should be challenged in the apex court. We are challenging the order of the Regulation Committee before the Supreme Court. We don't have water to give."

Shivakumar had on Tuesday expressed satisfaction over the CWRC rejecting the request of Tamil Nadu, which wanted Karnataka to release 12,000 cusecs. The committee recommended Karnataka to release 3,000 cusecs of water to the neighbouring state. Karnataka submitted before CWRC at its meeting in New Delhi on Tuesday the shortfall in cumulative inflows to its four reservoirs in the Cauvery basin up to September 25, which hold just 53.04 per cent of their capacity.

According to Karnataka officials, due to the failure of the south-west monsoon (from June to September) this year, there is no sufficient storage in the four reservoirs, and the State is facing such a grave situation that it is finding it extremely difficult even to cater to the drinking water requirements, let alone supplying for irrigation.

BJP, JD(S) protest

The BJP and JD(S) on Wednesday jointly staged a protest against the Congress government in Karnataka, accusing it of 'failure' in handling the issue of releasing Cauvery water to neighbouring Tamil Nadu.

The protest in front of Gandhi statue of Vidhana Soudha here, was the first such event, which saw the coming of BJP and JD(S) leaders, after both parties last week formally announced alliance for Lok Sabha polls next year.

JD(S) leader and former Chief Minister HD Kumaraswamy along with some of his party legislators and leaders, joined BJP leaders including former Chief Ministers BS Yediyurappa, DV Sadananda Gowda, state President Nalin Kumar Kateel and several of its legislators and MPs in the demonstration organised by the saffron party against the government. Holding placards, leaders of both parties shouted slogans against the Congress government, Deputy Chief Minister and Water Resources Minister DK Shivakumar.

4 techies killed in road accident

Four techies working with Accenture and Infosys were killed on the spot on Wednesday after their speeding car hit a Karnataka Road Transport Corporation (KSRTC) bus. The deceased are identified as Namitha, Raghunath Bhajanthri, Pankaj Sharma and Vamsi Krishna. All of them were between the age group of 30 and 35 years.

Namitha and Raghunath Bhajanthri worked with Accenture and Pankaj and Vamsi worked with Infosys. The incident took place near Bellur cross on Bengaluru-Mangaluru National Highway (NH -75) in Mandya district.

According to police, the bodies were pulled out from the mangled car. The accident occurred when the bus, proceeding towards Bengaluru from Hassan stopped near the Adichunchanagiri Medical Hospital for the passengers to alight. The car's driver lost control over the speeding vehicle and rammed into the bus. The techies were also travelling towards Bengaluru after a trip to Udupi. Namitha hailed from Bendiganahalli on the outskirts of Bengaluru. **–IANS**

Law catches up with serial traffic violator

A biker who had accrued a staggering 99 traffic violations and a pending traffic fine of Rs 56,000 was nabbed by the traffic police. An FIR has been filed against the accused in Mico Layout traffic police station, said Shiva Prakash Devaraju, DCP South (Traffic).

Devaraju said that the accused has been identified as Hassan, 25. The man had 54 violations for riding without a helmet, 34 for defective number plates, five for using mobile phone while driving, three for no entry, one for parking in a no parking zone, one for parking on zebra crossing and one for triple riding.

The arrest came after a netizen, Prasanna Kumar, posted a video of the accused riding against traffic restrictions. The man tagged Bengaluru traffic police and Alok Kumar, the Additional Director General of Police for Traffic and Road Safety. Alok Kumar said on X the vehicle has been detained and the person's driving licence suspended.

School's in, do not disturb

CONTINUED FROM PAGE 1

school buildings during holidays," said Thyagaraj, a social activist.

Vinod Jacob of Namma Bengaluru Foundation said that this is not the right time to renovate or repair the BBMP schools and colleges. "This is a wrong timing to get the schools restored or any maintenance work to be done. The students and teachers will be affected and they will be unable to conduct classes in the middle of these civil works. The ideal time would be to do this in summer vacation when you have holidays and the work can be done without any hindrances and completed before reopening. The students and teachers would be subjected to both noise and air pollution," said Jacob.

Coming down heavily on the BBMP for inviting bidders at this juncture, a right to education activist, on the condition of anonymity, questioned the logic behind inviting the bidders while schools are functioning. "I do not know what prevented the BBMP authorities from floating the tender last January and completing the renovation and repair works during the last summer holidays," said the RTE activist.

BBMP Special Commissioner (Education) was not available for comment.

KAUSHIK JN

State of benches at a BBMP school

Bengaluru's bad exotic-pet habit

CONTINUED FROM PAGE 1

turtle species too," said Uttara Mendiratta, head, Counter Wildlife Trafficking program, WCS.

Pet exotic

Researchers highlight that a lot of star tortoises are being collected from smaller towns in Karnataka and then moved to big cities such as Bengaluru.

Experts say that Bengaluru residents are increasingly inclined towards keeping exotic pets, a behaviour that should not be encouraged. Wildlife law enforcement agencies must prioritise crackdown on illegal wildlife trade and spread awareness about the implications of wildlife trafficking and negative consequences for human well-being and species conservation. Not only does it provide a mechanism for human disease outbreaks, but also threatens livestock and the native wildlife population.

"Demand for tortoises such as Indian Star Tortoise as pets, is very high in cities like Bengaluru and needs to be curbed. Not only is it illegal to have a threatened species as pets, but it also entails negative consequences for human well-being and species conservation. Having exotic turtle species has implications for the potential outbreak of disease. Moreover, they invade our ponds and rivers and replace our native biodiversity," added Mendiratta.

Out of the total incidents recorded across the country, 103 incidents involved soft-shell turtle trade, comprising 53,000 individuals. However, the number of these incidents was negligible in Bengaluru.

Overall, the hard-shell turtle trafficking network comprised 65 nodes in eight countries and 75 unique trafficking links, corresponding to 1.8% of all possible links. Moreover, well-connected state capital districts such as Chennai, Mumbai, Kolkata, and Bengaluru supplied tortoises/hard-shell turtles to the majority of the nodes in the network either within India or abroad.

Your Connect

jobs

SITUATION VACANT

MARKETING, ADVERTISING & SALES

MARKETING

REQUIRED Marketing Executives for Manufacturing Industry with 2-5 years experience male. Min Qualification: any degree 2 wheeler must for Bangalore. Send resume to asttratilepavers@gmail.com Call: 9886380085

MGMT. TOP LEVEL

ಸುಕೋ ಬ್ಯಾಂಕ್
SUCO BANK

INVITES APPLICATION for the position of **MANAGING DIRECTOR**

About Suco Bank

Suco Bank is the leading Cooperative Bank in Karnataka, with a widespread presence of **29 branches** across **12 districts**. Our area of operations covers the entire state.

JOIN US

We are in search of a visonary managing Director to spearhead our journey towards becoming a scheduled bank by 2026

If you meet the qualifications, please submit your resume to **hr@sucobank.com**

The **deadline** for **submitting applications** is **October 15, 2023**

Visit the website for more details to apply
www.sucobank.com/careers/

MEDICAL

MEDICAL

EAST POINT HOSPITAL

HIRING

East Point Super Speciality Hospital is inviting applications for Staff Nurse & OT technician position.

East Point Super Speciality hospital is **1200** bedded multi-speciality hospital with **NABH & NABL** accreditation having super-speciality services in Cardiac Sciences, Neuro Sciences, Gastroenterology, Nephrology & Urology.

WHO CAN APPLY

Staff Nurses - B.Sc (N) / DGNM + KNC Registration with min 6 months of experience.

OT Technician - Diploma / B.Sc (Anaesthesia or OT Technology) with min 3 years of experience.

SALARY & BENEFITS

Best in the industry with Food & Accommodation facility

QUALIFIED APPLICANTS SHALL SEND THE RESUME OR CALL TO

hr.epcms@eastpoint.ac.in

+91 91640 96799

East Point Campus, Jnanaprabha, Bidarahalli, Virgo Nagar Post, Avalahalli, Bengaluru - 560 049

We welcome nurses to join us and be a part of Excellence in Healthcare ...

OTHER VACANCIES

DRIVERS

DRIVER Wanted to the ashram near Chandapur on the Hosur road, 7 am to 3 pm. Salary Rs. 15000/- Mobile : 9880855005

GENERAL

AN opportunity for great income potential upto 5 Lakh p.m. & professional recognition National and International. Represent MNC who is a leader in the industry. Convenient Time, Professionals, Retired Bankers/Govt/Pvt, VRS & Ex-Servicemen, CALL : 9483542262

MULTIPLE VACANCIES

REQD Civil Engineer/ Site Supervisor/ Female Interior Designer 2D cum 3D, Lawyers, Electrician, Plumbers, for Developer's at Hormavu. 8951006277

INCOME/CAREER opportunity for Retired / Housewives. Earn upto 75 k / month + inc., PF ,ESI Travel & R&R. Call -9880656168

SERVICES

MAID SERVANTS

FEMALE House maid Age 35+ Salary 10k+ Morning to Evening. 9560636121 Sanjay Nagar Bangalore

TECHNICAL

GENERAL

GM-OPERATIONS Having an exp of 15 or more years in Plastic moulding company. Should be capable to handle independently around 40 machines with an work force of 250 employees. Ph: 9845005576 Eml- anmurthy@polywin.co.in

MECHANICS

REQUIRED Candidates Diploma in Electricals, Electrical Mechanic, Electronic and communication, @ TBA Green Energy India Pvt Ltd. Mobile: 8884470029, 8884470033

real estate

LAND FOR SALE

REQUIRE land for JD / Purchase for layout and apartments. Agents, please excuse. Contact 9663614614

BANGALORE PROPERTIES

HEBBAL

RENT- 8100SFT High Roof Factory Shed @ Sahakarnagar with Water, 65hp Power & RCC Office Block. Suitable for small scale/ Fabrication units, Display cum Sales Center, Centralised/ Base Kitchen, Vehicle Service Centre, Ware Housing/ Godown, Stockists & Distribution. Owner: 9686009911

NOTICE

Exh. No.- 25
Next Date- 12/10/2023

IN THE COURT OF G. G. Vayal, I/c JUDGE, C.R. -2, FAMILY COURT, BANDRA (E), MUMBAI
PETITION NO. A-101288 OF 2020

Mr. Rahul Ravinder Budhiraja,
R/s. At-401, 4th Floor Devi Kaushalya, Krupa Chandan Bagh lane, opp. Andhra Bank, Mulund (West), Mumbai- 400080 .... Petitioner
Vs.
Mrs. Tripti Shyamkrishna Sharma,
R/s. At-NR Windgates, 1st Floor, Chokkanahalli, Bengaluru, Karnataka-56006 ... Respondent

TAKE NOTICE THAT the Petitioner above named has filed a petition for divorce cruelty under Section 13(1)(ia) of The Hindu Marriage Act 1955 and Family court Act 1954.

TAKE FURTHER NOTICE THAT the petition is fixed for on 12th October 2023 at 11.00 a. m. sharp in Family Court No. 2, at Bandra, Mumbai or before any other Hon'ble Judge, presiding in the Family Court at Bandra, Mumbai assigned charge of the said Court No. 2 when you are required to appear in person and file your Written Statement and default of your doing so, the Hon'ble Judge, Family Court will proceed to hear the said petition, against you Ex-parte and pronounce Judgment thereon.

THIS NOTICE IS ORDERED by Hon'ble Judge, presiding in Court No. 2, on 22th June. 2023.

Dated this 18th day of September 2023.
Given Under my hand and Seal of this Court, Sd/-
Dy. Registrar,
Family Court, Bandra (East), Mumbai 400 051

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111
All digital payment solutions available

KORAMANGALA

SALE Independent Villa Plot 2400sqft, Built-up 4200 sqft, 3 BHK, 4 Baths, Study & Store Room,5th Blk Koramangala, 8.25Cr.9739024512

3BHK RESALE, 6th Blk Koramangala, 2200 sqft, 4 Bathrooms, 1 Balcony, 1 Parking, Gated Society for INR 3 Cr. Call 9739024512

MYSORE ROAD

BMICAPA & RERA Approved Sites

Mysore Road

NEAR KENGERI & Kumbalgodu, Bank Loan Available, Ready for Registration, 100% Clear Title.Call: 9535555699

RMV EXTENSION

3BHK RESALE, RMV Extension, 2129 sqft, 3 Bathrooms, 3 Balconies, 2 Parking,East facing, 4th flr, Rs.2.25 Cr. 9739024512

VIJAYA NAGAR

40×60 west facing Commercial site with building for sale in Vijayanagar, Prime Location. Close to Metro Station. Contact 9019939128. (Brokers Excuse).

services

ASTROLOGY

ASTROLOGER - MAULANA AMIL BABA M.Y. HAKEEM. Solve Problems of Health, Business, Family disputes, Love affairs, Matrimony, Relationships, Divorce issues, Evil Spirit Spells, Bandish etc. Phone : (INDIA +91) 87460 88000

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

personal

CHANGE OF NAME

I, Vikram S/o, Shivalingappa Golashetti R/o Flat No 103 1st Floor Gcn White Palms Whitefield have changed my name to Vikram Shivalingappa Golashetti for all purposes.

I Ramadevi W/O,Malladi Durgaprasad R/o 4-12, Ananthavarapadu.Vattichenukuru, Guntur, Andhra Pradesh - 522017 have changed my name to Malladi Ramadevi.

I, Chennegowda Muthugadahalli Ramaiah S/o C Ramaiah No.30 Main road, Dandiganahalli, Devanahalli Tq, Bengaluru Rural 562135 have changed my name to Channegowda Muthugadahalli Ramaiah affidavit Dt.25/09/2023 notary Harisha G, B'luru

I Tharun Ganesh Somashekara Reddy S/O, M N Somashekar Reddy R/o No.1, Shivani, 5th Cross, Vinayaka Layout, Marathahalli Colony, Bangalore - 560037 have changed my name to S Tharun Ganesh.

I Darshan Mallikarjun Yandigeri S/O, Mallikarjun Yandigeri R/o House No -1203, Banagar Galli, Tq Gokak, Belgaum, Pin - 591307, Karnataka, India have changed my name to Darshan Yandigeri .

I, Shaina Krishnaram w/o Krishnaram R/o 34, Muleva Bhavana Flat No.2, 2nd floor, Ullal main road, Ullal, Bengaluru 560110 have changed my name to SHAINA affidavit Dt.27/09/2023 notary Harisha G, B'luru

HEALTH TIP: Frequent exercise plays a pivotal role in regulating hormones and increasing insulin sensitivity, both of which are essential for managing PCOD

A fibre-rich bran-inclusive diet is extremely beneficial for people struggling with acid reflux

BangaloreMirror | 9
Thursday, September 28, 2023
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

TAKE A DEEP BREATH IN

Breathing through your nose when you exercise may make your runs easier

Breathing is subconscious. We don't have to think about it – it just happens.

But when we exercise, many of us become more aware of it than we normally are – sometimes thinking about every breath we take.

During low and moderate-intensity exercises (such as walking and cycling), the majority of us breathe in through our nose and out through our mouths.

But the more intense the exercise becomes, the more we tend to breathe entirely through our mouths.

Most of us would assume that breathing through the mouth is the best technique to use during intense exercise, as it allows more oxygen to reach our muscles.

But evidence shows the contrary – and that breathing through your nose may actually be a better technique to use during intense exercise (such as running).

A series of studies have shown that when exercising at different intensities, less oxygen is used when breathing through the nose compared to breathing through your mouth.

While this might not sound like a benefit, this basically means that the body can still perform the same amount of exercise while using less oxygen to perform it.

This could be a real advantage especially for endurance athletes as economy of movement is fundamental to success.

Think of oxygen like fuel for a car. The fewer miles per gallon of fuel a car uses the better its "fuel economy" is.

The same applies to oxygen. The less oxygen used per footfall, the less energy a person uses (and therefore the more economical they are). This means you may be able to run further without becoming exhausted as quickly.

Further to this, breathing through your nose is associated with reduced volumes of air. This makes sense, as the nostrils are much smaller than your mouth is, so you can't draw in as much oxygen at one time.

But this study also found that people breathed less frequently through their nose when exercising, which seems less logical.

The key here is understanding that air moves from high pressures to lower pressures to help it go from the air and into the lungs.

So although the volume of air is lower in the nasal cavity compared to the mouth, the pressure is higher – meaning the air moves more quickly into the respiratory system.

The result is that oxygen can then be delivered more quickly to the working muscles.

More oxygen is also released per breath, which explains why there's no difference in heart rate when breathing orally or nasally during the same exercise.

So despite lower volumes of oxygen coming in, this indicates the heart doesn't need to work harder to deliver it to the muscles.

This means the heart is under no additional stress when breathing through your nose during exercise.

Researchers also suggest that breathing through your nose increases production of nitric oxide, which not only makes it easier for oxygen to reach the lungs and muscles, it may also prevent airborne pathogens (such as viruses) from causing harm.

Nitric oxide does this by lowering blood pressure and helping blood flow more easily, allowing that much-needed oxygen to reach the working muscles.

In all, it looks like breathing through your nose may actually be of benefit when running.

It makes your movements more economical, reduces the amount of airborne particles you breathe, reduces exercising blood pressure and helps oxygen reach the working muscles more effectively.

Evidence is less clear for other types of exercises (such as weight lifting) which require short, sharp bursts of effort. These types of exercise rely on drawing energy from other sources than oxygen – such as stored sugar (glucose) in our muscles.

But these metabolic processes, which become depleted during the exercise, still need oxygen to recover.

Taking deep breaths through your nose while recovering between sets may help this process to happen more optimally.

But while this all sounds incredibly positive and encouraging, there are some negatives to be aware of.

Breathing only through your nose during exercise is very much a learnt process. It shouldn't be introduced instantly.

If you introduce it without training first, it could lead to "air hunger" – a process whereby a small amount of carbon dioxide is retained at the end of each breath. This can cause discomfort and hyperventilation.

As with anything, practice makes perfect. When learning to breathe through your nose, make sure you don't force air in.

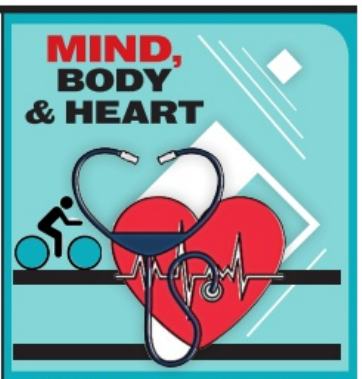
Try and relax into the process. Ensure your tongue is at the top of your mouth, as this relaxes the jaw and face muscles making it easier to draw a deep breath through your nose.

You also may want to alternate between breathing through your nose and your mouth at first until you get more used to breathing solely through your nose.

The more you do this, the more the process will become subconscious.

Breathing through your nose while exercising can be very effective. Just be sure to practice and give your body time to adjust to avoid harm.

(By Dan Gordon, Chloe French and Jonathan Melville, Anglia Ruskin University, The Conversation)



All you need to know about...

Obesity and menopause

One more adversity
Obesity, which has already been associated with a number of adverse health conditions, may also worsen a woman's menopause symptoms.

Hormone therapy
According to a study, led by an Indian-origin researcher, obesity may also limit the amount of relief women get from hormone therapy -- the most effective treatment to manage a wide array of menopause symptoms.

Comorbities
Little research has been done, however, on the impact of comorbidities on the efficacy of hormone therapy during menopause. More specifically, no research is known to exist relative to the effect of obesity on the effectiveness of hormone therapy.

Study fills info gap
The five-year study, involving 119 patients, sought to fill some of that information void by investigating the association of obesity and self-reported efficacy of hormone therapy in peri- and postmenopausal women.

Menopausal symptoms
The study defines obesity as a body mass index (BMI) of greater than or equal to 30. Women with obesity were more likely to report the presence of hot flashes, genitor-urinary/vulvovaginal symptoms, mood disturbances, and decreased libido.

Better treatments
"We studied menopausal symptoms in an underrepresented patient population that's not often included in women's health studies. This research can help clinicians serving a more diverse racial and socioeconomic patient population that's severely affected by the social determinants of health to provide better care and counselling to patients," said Dr. Anita Pershad from Eastern Virginia Medical School in Norfolk, US.

—IANS

MIRRORLIGHTS

Decoded: Why your face feels 'tight' after being washed

Ever wondered why the skin on your face feels tight after washing with a cleanser? Research shows it is due to contraction of the stratum corneum, the outermost layer of our skin.

Skin is the largest organ in the body and it's constantly exposed to the environment around us. The stratum corneum acts as a barrier to keep out unwanted chemicals and bacteria and to keep up the moisture.

Researchers at Stanford University in the US show how mechanical changes in the outer surface of our skin translates into sensations and provides a quantitative approach for determining how people will perceive their skin after using a moisturiser or cleanser.

"This work provides a new understanding of how products affect the physical properties of our skin, which includes not just skin health, but also skin sensorial perception. That's a significant advance," said Reinhold Dauskardt, Professor in Stanford's Department of Materials Science and Engineering.

The team predicted that the mechanical forces created by this shrinking or swelling propagates through the skin to reach mechanoreceptors (a sense organ) below the epidermis, which then fire off signals to the brain that we interpret as a feeling of skin tightness.

In the study, published in 'PNAS Nexus' journal, researchers studied the effects of nine different moisturising formulas and six different cleansers on donor skin samples from three locations on the human body -- cheek, forehead, and abdomen.

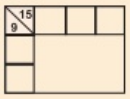
They measured changes in the stratum corneum in the lab and then fed that information into a sophisticated model of human skin to predict the signals that the mechanoreceptors would send.

The participants ranked their perceived feelings of skin tightness after using the formula they were given. — IANS

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

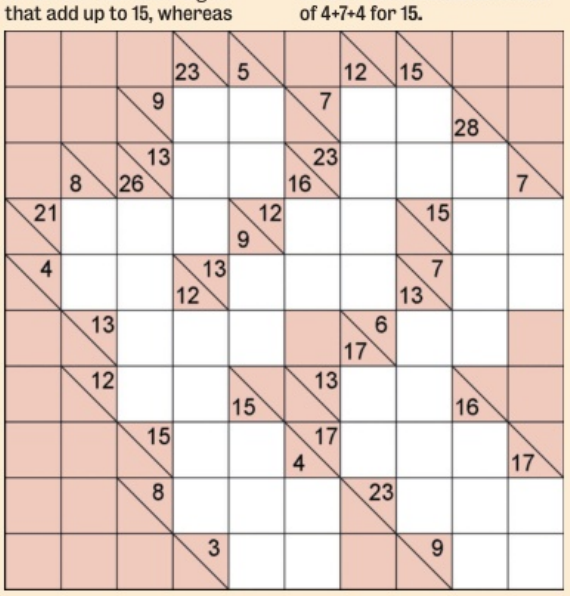
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

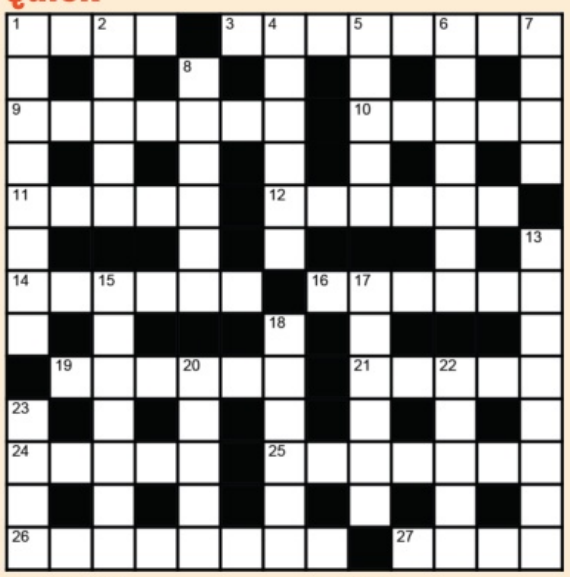


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Seed vessels (4)
3 Capital of Syria (8)
9 Sells abroad (7)
10 Chose or selected (5)
11 Former Pakistani wicket keeper Rashid ___ (5)
12 Olympic gold medallist ___ Chopra (6)
14 Takes exception or raises objection (6)
16 System of voting (6)
19 Response (6)
21 ___ Hills: Bangalore's highest point (5)
24 Scandinavian? (5)
25 Protective wall in front of a trench (7)
26 Cul-de-sacs (4,4)
27 Solid oils (4)

DOWN

1 Stave off, forestall or inhibit (8)
2 Storehouse (5)
4 Away, out or off (6)
5 Opened one's eyes (5)
6 Jeer or boo (7)
7 Faction (4)
8 Choose before others (6)
13 States repeatedly (8)
15 Roman goddess of wisdom (7)
17 On the ship (6)
18 Three-legged stand (6)
20 At which place? (5)
22 Greek letter (5)
23 Dine out for a girl's name (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS P

GLGYW VBT OVH SXGV F DFAG SB HB OM F'K SBDH, EJMS SB IBVNJMG RGBRDG.–SOKBYO RFGYIG

Linemaro

I can't think of anyone I'd rather survive the zombie holocaust with

Mindchow

Resolution One: I will live for God. Resolution Two: If no one else does, I still will

Joke of the day

Marketing companies should use chromosomes in ads because sex cells

Loop

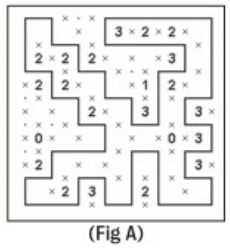
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

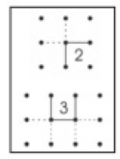
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

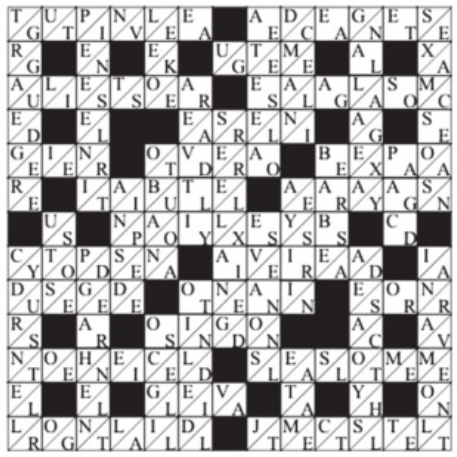


(Fig A)



(Fig B) Not Allowed

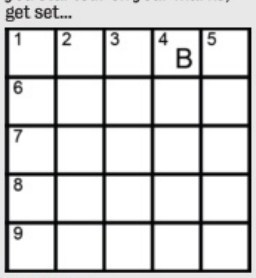
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

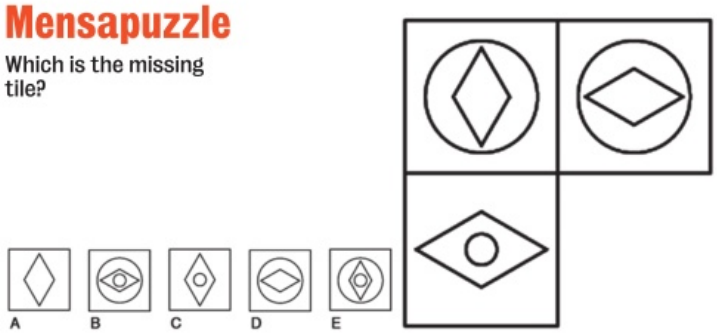
1 Be pro; 6 Irate; 7 Choir; 8 Tents; 9 Mr Hit

DOWN

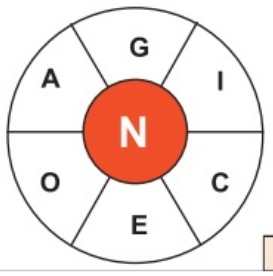
1 Prims; 2 Trice; 3 Throe; 4 Tobin; 5 Heart

Mensapuzzle

Which is the missing tile?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

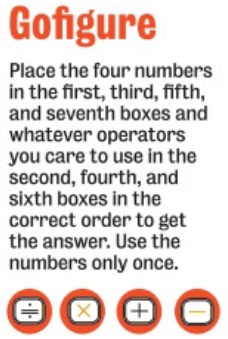
SudokuChallenge

	8	3		9	6	4		
6								
		7		4	2			6
				1	3	7		4
		2				3		
7		9	4	8				
2			7	5		8		
								5
		5	3	2		9	1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

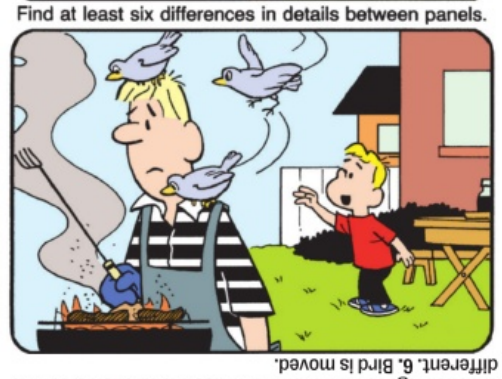
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Sleeve is shorter. 2. Hand is different. 3. Bench legs are different. 4. Window is smaller. 5. Fork is different. 6. Bird is moved.

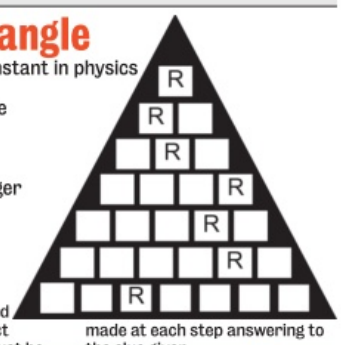
Riddler

Some multi syllable first names sound like words or phrases. Using the clues provided can you figure out what first name fits? e.g. Ernie's uncooked friend would be Robert (Raw Bert). The hint gives the gender most often associated with the name.

1) What the engineers decided to do to the river to allow crossing to the other side.
2) What the foodie said when he saw the soft French cheese.
3) When you inhale you take _____.

Alpha triangle

1 Universal gas constant in physics
2 Concerning
3 Part of verb to be
4 Close to
5 Catch
6 Enrages
7 Painter John Singer



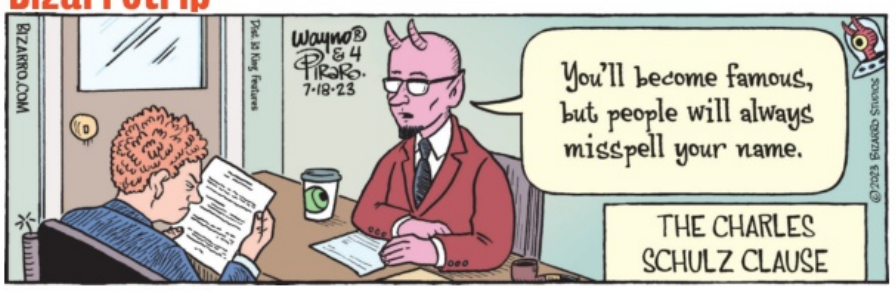
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

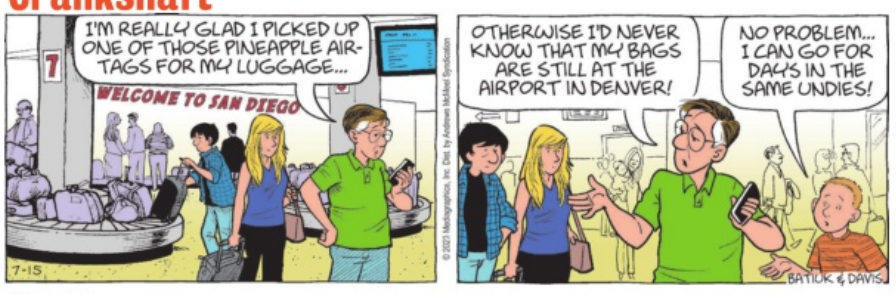

BIZARRO.COM
Wayno & 4 Pirro 7-18-23
You'll become famous, but people will always misspell your name.
THE CHARLES SCHULZ CLAUSE

Diamond Lil

Hart of the city

DANA JUST STOOD UP FOR KAT. WHEN NO ONE WAS EVEN LOOKING.
MAYBE SHE HAS MORE INTEGRITY THAN I GAVE HER CREDIT FOR.
AAUUUGGHH. NOW I HAVE TO APOLOGIZE.

Crankshaft


I'M REALLY GLAD I PICKED UP ONE OF THOSE PINEAPPLE AIR-TAGS FOR MY LUGGAGE...
WELCOME TO SAN DIEGO
OTHERWISE I'D NEVER KNOW THAT MY BAGS ARE STILL AT THE AIRPORT IN DENVER!
NO PROBLEM... I CAN GO FOR DAYS IN THE SAME UNDIES!
7-15
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may help needy people. It may increase your reputation in the society. You might implement the innovation into the work, which may grow your business. A positive result may make you happy. Love birds may plan for an outing or some adventure tour.

Taurus Apr 21 – May 20
Today, you may be dissatisfied; you have some detachment from your responsibilities, which may confuse you. You may plan hypothetically for your projects; you are advised to be practical in your work to complete it on time. You may also take care of your parents. It is advised to postpone migrating somewhere for some days. You are advised to wait for a while before acting.

Gemini May 21 – Jun 21
Today, you may be enthusiastic or more focused, which may speed up your postponed projects. Your siblings may help you to start a new project, which may give you profit in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of new jobs.

Cancer Jun 22 – July 23
Today, you can control your expenditure on fewer things, increasing your financial health. You may be more creative today and use your creativity to decorate your office or home, enhancing your social status. Love birds may likely get support from their family members to maintain their relationship status. Students may hear good news in terms of academics.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, which may give you peace of mind. Externally, you may face some work-related stress, but your inner sense may be calm and relaxed, which may help you to balance everything. You may enjoy every moment of work and domestic life. Some new sources of income may be opened that help you to boost your savings.

Virgo Aug 24 – Sep 23
You may feel dull today; you may face some chronic health issues. You are likely to be a victim of sleeplessness, which might make you arrogant. Your arrogance may affect your domestic harmony. Your profits may convert into losses. You are advised to think twice before doing any financial transaction.

Libra Sep 24 – Oct 22
Today, you may feel energetic. Your losses may convert into profit, increasing your business growth and liquidity. With the help of your subordinates, You may be able to make some difficult decisions in the business. Your seniors may praise your performance at work. You may also expect to get incentives which may increase in savings.

Scorpio Oct 23 – Nov 22
Today, you may be busy at work, but your wisdom may help you to make the right decision, which may increase your business. You will likely get a big order, which may expend your work. You may utilize your creativity to renovate your home or office, which may improve your social status. You may invest in some creative assets, too.

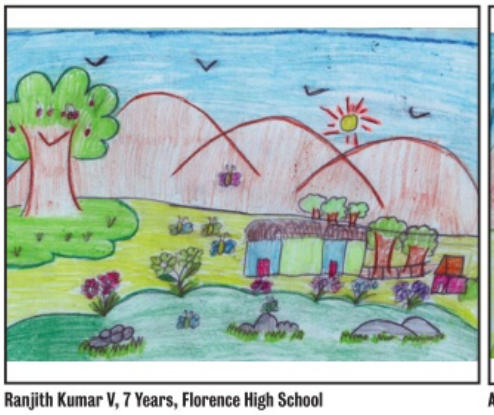
Sagittarius Nov 23 – Dec 22
Today, situations are under control; you may be able to come out from the past days' messy situation. You may work with patience, reflecting your way of working. You may plan for an outing. Students may have a good focus towards their goals. Singles may find their love with the help of friends or relatives.

Capricorn Dec 23 – Jan 20
Today, you may feel unhappy. You may be impatient and a victim of mood swings, which may reflect in your domestic life harmony. You are advised to avoid arrogance at work; otherwise, you may create hidden enemies around you. You are advised to avoid rush driving.

Aquarius Jan 21 – Feb 19
Today, you may be happy. You may spread happiness around you, feel harmony in your personal life, and enjoy some romantic moments with your spouse. Your family may support you in making some important decisions. You may also make some important decisions on the professional front. You may expect some new ventures or partnerships in the business.

Pisces Feb 20 – Mar 20
Today, a positive moon may make you happy. You may use your patience at work. Your performance may be good in the job; you may get some incentives in terms of rewards. Health-related issues of family members will be resolved. Job aspirants are likely to get good jobs. Love birds may enjoy their quality time.

KIDZONE



Ranjith Kumar V, 7 Years, Florence High School

Aarush Hanoa, 6 Years, BGS NPS School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$=7^{9}(7^{2}+7+1)\div 7^{9}(7^{2}+7+1)$
$=7^{2}$

BULL'S EYE
acne, aeon, cane, canoe, coin, once
CONAGE, cone, conga, gain, gone, icon, nice, ocean,

STRIKE OUT

G	U	I	N	E	A	■	A	D	A	G	E	S	■	■
R	N	■	K	■	U	T	E	■	A	■	A	■	■	■
U	L	S	T	E	R	■	S	L	A	L	O	M	■	■
D	E	■	E	R	E	I	■	A	■	A	S	■	■	■
G	I	R	■	O	D	E	A	■	E	X	P	O	■	■
E	■	T	A	B	L	E	■	A	R	Y	A	N	■	■
L	A	T	I	■	F	■	N	E	E	R	A	J	■	■
C	■	O	■	E	■	K	■	C	■	E	■	■	■	■
E	X	P	O	R	T	S	■	O	P	T	E	D	■	■
I	■	V	■	R	■	O	■	D	■	P	■	E	■	■
N	O	R	S	E	■	P	A	R	A	P	E	T	■	■
E	■	E	■	H	■	I	■	A	■	A	■	A	■	■
A	N	S	W	E	R	■	O	M	K	A	R	■	■	■
E	■	I	■	■	T	■	B	■	■	■	■	E	■	■
D	E	M	U	R	S	■	B	A	L	L	O	T	■	■
U	■	■	■	E	■	■	■	L	■	■	■	I	■	■
D	E	A	D	E	N	D	S	■	F	A	T	S	■	■

QUICK
1) Bridget (Bridge it),
2) Aubrey (Ah, brie),
3) Aaron/Erin (Air in)

RIDDLER

M	I	R	T	H
S	T	E	N	T
I	C	H	O	R
R	E	T	I	A
P	R	O	B	E

FAST FIVE
Every now and then I like to do as I'm told, just to confuse people. - Tamora Pierce

QUOTE UNCODE
C: looking across and down the triangles turn through 90°

MENSA PUZZLE

5	8	3	1	9	6	4	7	2
6	2	4	5	3	7	1	8	9
9	1	7	8	4	2	5	3	6
8	5	6	2	1	3	7	9	4
1	4	2	6	7	9	3	5	8
7	3	9	4	8	5	6	2	1
2	9	1	7	5	4	8	6	3
3	7	8	9	6	1	2	4	5
4	6	5	3	2	8	9	1	7

SUDOKU
Easy
2 - 9 + 3 + 5 = 1
Medium
2 + 3 x 7 - 4 = 31
Hard
7 / 7 + 9 + 4 = 14

GO FIGURE

LOOP

KAKURO

Volume No 16, Issue No 70 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Dream wedding— Parineeti Chopra had the wedding of her dreams when she got hitched to Raghav Chadha on September 24. The actress decked up in a cream and gold lehenga for the nuptials, with a statement emerald and diamond neckpiece

BangaloreMirror | 12
Thursday, September 28, 2023
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Star following

Popular Indian celebs gaining much traction

Popular Indian celebrities like Katrina Kaif, Akshay Kumar, Sunny Leone, Mohanlal, and Mammootty, among others, have joined the newly launched WhatsApp Channels, the new initiative which allows followers to receive texts, images and videos from their favourite stars. Without much ado, here are the top 9 Indian celebrities who are currently among the most followed on Channels.

—ETimes

Vijay Deverakonda

Vijay Deverakonda, a rising star in Telugu cinema, also had 1.2 million Channels followers. He shares stylish photos, updates about his films, and his fashion choices.

Diljit Dosanjh

Diljit Dosanjh, a Punjabi singer and actor, enjoys a significant following of 5 million on Channels. He shares his music, personal moments, and a glimpse into his daily life.

Sunny Leone

Sunny Leone, a former adult film actress turned Bollywood star, has 4.4 million Channels followers. She shares her work in the Indian film industry, as well as her family life.

Akshay Kumar

Akshay Kumar, known for his versatile roles in Bollywood, has 7.7 million Channels followers. He often shares updates about his films, fitness routines, and social initiatives.

Mohanlal

Mohanlal, a legendary actor in Malayalam cinema, had 1.2 million followers on Channels. He shares his thoughts, behind-the-scenes glimpses, and moments from his films.

Katrina Kaif

With 13.7 million followers, Katrina Kaif is one of the most popular Bollywood actresses on Channels. She shares glimpses of her personal life and career, including photos from her film sets and fashion shoots.

Mammootty

Mammootty, a highly respected actor in Malayalam cinema, has 1 million followers on Channels. He shares photos from his films, family moments, and social messages.

Neha Kakkar

Neha Kakkar, a popular playback singer in Bollywood, has 1.1 million followers on Channels. She shares her music, family moments, and glimpses from her musical journey.

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Grand launch

Director Chethan Kumar, renowned for his directorial success with blockbusters like Bahaddur, Bharjari, Bharate, and James, is all set to embark on another cinematic adventure with his upcoming film, "Burma." The auspicious muhurat ceremony for "Burma" took place at the historic Dodda Ganapathi Temple, marking the beginning of a thrilling cinematic journey. The talented Rakksh Ram, celebrated for his stellar performance in the television serial "Gattimela," is set to lead the cast in this grand production.

The muhurat ceremony witnessed the presence of esteemed personalities from Sandalwood, with Ashwini Puneeth Rajkumar initiating the first shot by sounding the clapboard. The camera's inaugural switch was expertly handled by Raghavendra Rajkumar, while Sandalwood sensation Dhruva Sarja directed the film's opening scene. The event was graced by the presence of notable figures in Sandalwood, all extending their best wishes to the "Burma" team.

"Chethan Kumar has prepared a good script for this movie. Rakksh Ram makes debut as a hero in Sandalwood with this movie. I wish all the best to the team of Burma," said Dhruva Sarja.

Burma will Chethan Kumar's fifth movie.

Gratitude tale

Aspiring actor Surya, also known as Yashas Surya, found himself overwhelmed with emotion as he expressed his heartfelt gratitude to the iconic Challenging Star, Darshan. Surya was speaking during a promotional event for the upcoming movie "Garadi" at MMB Legacy, where Surya plays a pivotal role under the direction of Yogaraj Bhat.

"I consider Darshan Sir as my God. Because of Darshan Sir, I got an opportunity to act in this movie. Darshan Sir has a special affection and love towards me. I am indebted to him for recommending me to B C Patil Sir to act in this movie," says Surya.

Surya said he has been waiting for the right opportunity at the right time all these years. "I have been acting in Kannada movies since 2009, but many people fail to recognise me while speaking with me. Even a few media persons ask me whether it is my first movie," says Surya.

It is said that Surya began his career as an actor in Sandalwood with the Kannada movie Shishira, which was released in 2009. Later, he had to wait three years to act in the Kannada movie Chingari. His other movies are Chakravarthy, Psycho Shankara, Raama Dhanya, Kurukshetra, and Odeya, released in 2019.